

COMMUNITY FITNESS CLASS SCHEDULE

31 High St., Guilford

207-876-4813

Nov 26~~W~~2021

Classes Subject to Change



For the most current schedule and class descriptions visit:

www.comfitme.com

Classes are **FREE** for members
\$5 Day passes

Monday	Tuesday	Wednesday	Thursday	Friday	Weekend
<p>8-9AM Gentle Awakening Yoga w/Gayle</p> <p>9:30-10:15AM *Silver Sneakers Classic</p> <p>10:30-11:15AM *Silver Sneakers Classic</p> <p>11:30-12:00PM *Silver Sneakers Classic w/Terri</p> <p>5:30-6:15PM Chisel & Burn w/Wendy</p>	<p>8:30-9AM HIIT w/Britney</p> <p>9:30-10:15AM *Healthy4Life w/Terri</p> <p>9:15-11:15AM Pickleball</p> <p>11-11:30AM *Adaptive Fitness W/Terri</p> <p>11-12PM The Price is Right Senior Cardio</p> <p>11:30-12:30PM HomeschoolRemote Open Gym</p> <p>5:15-5:45PM Core w/Britney</p> <p>6PM Pickup Basketball</p>	<p>8-9AM Tai Chi w/Wayne in Orchid Rm</p> <p>8:30-9AM Core w/Britney</p> <p>9:30-10:15AM *Silver Sneakers Classic</p> <p>10:30-11:15AM *Silver Sneakers Classic</p> <p>11:30-12:00PM *Silver Sneakers Classic w/Kelli</p> <p>5:30-6:15PM Strength & Conditioning w/Wendy</p>	<p>8:30-9AM Strength & Conditioning w/Britney</p> <p>9:30-10:15AM *Healthy4Life w/Terri</p> <p>9:15-11:15AM Pickleball</p> <p>11-11:30AM *Adaptive Fitness w/Terri</p> <p>11-12PM The Price is Right Senior Cardio</p> <p>11:30-12:30PM HomeschoolRemote Open Gym</p> <p>4:30-6:00PM Tae Kwon Do w/Shirley</p>	<p>8-9AM Gentle Awakening Yoga w/Gayle</p> <p>9:30-10:15AM *Silver Sneakers Classic</p> <p>10:30-11:15AM *Silver Sneakers Classic</p> <p>11:30-12:00PM *Silver Sneakers Classic w/Michelle</p> <p>12:15-12:45PM HIIT Spin w/Kristy</p>	<p>Saturday 9:30-10:30AM Tae Kwon Do w/Shirley</p> <p>Sunday 10AM-12PM Pickleball</p> <p>*Preregistration is required for all SilverSneakers, Healthy4Life and Adaptive Fitness classes</p>

Class Descriptions

Adaptive Fitness: This class is focused on range of motion, balance, strength and agility for participants with developmental disabilities. **Preregistration required.**

Chisel & Burn: This class is designed to help shed that excess fat while building strength and endurance. This class includes circuit training, cardio exercises, resistant training and finishes with core training and stretching for a complete workout. All fitness levels.

Core: This quick class will strengthen from hips to shoulders with a primary focus on strengthening the abdominal and back muscles. Weights and equipment will be used in addition to body weight exercises. Modifications are available for individual abilities.

Gentle Awakening Yoga: Set the tone of your day. Every class is a little different but they all include strengthening, stretching, and balancing the physical body. Attention is given to movement with the breath and cultivating a holistic sensitivity. Class ends with a short guided meditation. All levels are welcome. We use blankets, blocks, straps, & sometimes chairs or the wall for props. Bring a smile and an open mind. Every body can do yoga! Please bring your own mat and props if you have them. We do have mats available if needed.

Healthy4Life: This program is specifically geared towards members that have completed HeartWise or a cardiac rehab program. Participants seeking cardiovascular disease prevention are also encouraged to join. We will use cardio equipment such fan bikes and light weights to gently work through a fitness program specific to each individual. **Preregistration required.**

HIIT: HIIT is a High Intensity Interval Training that uses cardio exercises to increase your heart rate with active breaks between. In this class we will work up a sweat with easy to follow, low impact moves. Modifications are offered for exercises to fit participants physical needs. This class will wrap up with a cool down and stretch to leave you feeling refreshed.

HIIT Spin: This quick 30 min spin class will alternate from high to low intensity getting your workout done in a lunch break.

Homeschool/Remote Open Gym: This is a time designated for families that have children learning from home to get some physical exercise and social time. We encourage all ages, even preschoolers. Participants are encouraged to bring toys and equipment or use the gyms.

Pickleball: This paddle ball sport is a blend of badminton, ping pong and tennis. It uses a large ping pong style paddle to hit a whiffle ball over a low net.

SilverSneakers: Classes are 30 to 45 minutes. Classes are designed for older adults who wish to enjoy Fitness, Fun and Friends. We move to music through a variety of exercises, designed to increase strength, range of motion and balance, supporting activities for daily living. We use a variety of equipment including a chair for seated exercises and standing support. These classes are low impact training suitable for beginners to intermediate skill level and can be adapted to meet all fitness abilities. Bring a bottle of water and wear comfortable clothing and footwear appropriate for exercise. Please come a few minutes early to gather provided equipment for each class so that we can begin on time. **Preregistration required.**

Strength & Conditioning: 1/2 hour class! After a quick warm up we will use a variety of equipment to get a full body workout. You will leave knowing you have hit all the major muscle groups.

Tae Kwon Do: This martial arts program is for all ages and abilities. Learn about self defense, discipline and get a workout at the same time.

Tai Chi: An art embracing the mind, body and spirit – Originating in ancient China, tai chi is one of the most effective exercises for health of mind and body.

The Price is Right, Senior Cardio: This program is as simple as it sounds. COME ON DOWN and join your friends in our cardio room to watch The Price is Right every Tuesday and Thursday while using one of our 10 cardio machines. We have a variety of machines for all abilities including a seated elliptical, standing ellipticals, treadmills, rowing machine and bikes.